

COURSE CUL3400: KITCHEN ORIENTATION

Level: Advanced - Articulation

Prerequisite: None

Description: Students develop personal skills and abilities in the food service industry as they develop safe and efficient work skills.

Parameters: Access to commercial food preparation facility
Journeyman cook qualifications required

Outcomes: The student will:

1. demonstrate professionalism in the work environment

- 1.1 state the requirements and identify the responsibilities of the apprenticeship liaison officer
- 1.2 outline standards for industry professionalism
 - 1.2.1 dress code
 - 1.2.2 harassment
 - 1.2.3 professional conduct as it relates to the institution
- 1.3 identify study methods and reference tools
- 1.4 identify and follow emergency procedures and regulations

2. create a health and safety plan

- 2.1 identify and research eight common elements of a health and safety plan
- 2.2 explain each of the elements reflecting on OHS implications
- 2.3 define health and safety elements relevant to the world of work
- 2.4 present a health and safety plan clarifying its relevance to the work world and society in general
- 2.5 successfully complete a food safety course
- 2.6 demonstrate an understanding of HACCP as it relates to the food industry
- 2.7 explain reasons for hygienic food-handling routines
- 2.8 demonstrate hygienic routines including personal hygiene and sanitation of equipment and work areas
- 2.9 practice kitchen safety, including prevention of accidents, injury treatment and handling and storage of food

3. apply skills and techniques for professionalism in the industry

- 3.1 prepare a minimum of three recipes that emphasize:
 - 3.1.1 participate in all kitchen brigade activities
 - 3.1.2 use appropriate resources
 - 3.1.2.1 adhere to detailed timelines
 - 3.1.2.2 plan effectively
 - 3.1.2.3 prioritize tasks
 - 3.1.2.4 manage facilities, equipment and supplies
 - 3.1.3 demonstrating the use of food preparation techniques
 - 3.1.3.1 safety and sanitation
 - 3.1.3.2 measurement techniques
 - 3.1.3.2.1 demonstrate, explain and be familiar with the metric system
 - 3.1.3.2.2 demonstrate an ability to use the U.S. standard measurement; e.g., imperial
 - 3.1.3.3 recipe terminology/modification
 - 3.1.3.4 utilization of available kitchen equipment

4. demonstrate basic competencies

- 4.1 demonstrate fundamental skills to:
 - 4.1.1 communicate
 - 4.1.2 manage information
 - 4.1.3 use numbers
 - 4.1.4 think and solve problems
- 4.2 demonstrate personal management skills to:
 - 4.2.1 demonstrate positive attitudes and behaviours
 - 4.2.2 be responsible
 - 4.2.3 be adaptable
 - 4.2.4 learn continuously
 - 4.2.5 work safely
- 4.3 demonstrate teamwork skills to:
 - 4.3.1 work with others
 - 4.3.2 participate in projects and tasks
- 5. create a transitional strategy to accommodate personal changes and build personal values**
 - 5.1 identify short-term and long-term goals
 - 5.2 identify steps to achieve goals

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COURSE CUL3405: CULINARY FUNDAMENTALS

Level: Advanced - Articulation

Prerequisite: CUL3400: Kitchen Orientation

Description: Students develop an understanding of the professional kitchen, care in handling food, recipes, equipment and the importance of safe and efficient work habits.

Parameters: Access to commercial food preparation facility
Journeyman cook qualifications required

Outcomes: The student will:

- 1. understand the changes in the food industry that affect the professional kitchen**
 - 1.1 describe the history of professional cooking
 - 1.1.1 classical brigade
 - 1.1.2 guild system
 - 1.1.3 forefathers of modern cooking
- 2. research common processes and methods of hazard assessment and controls**
 - 2.1 successfully complete WHMIS training
 - 2.2 identify and correctly interpret hazardous product symbols
- 3. describe factors related to working in a professional kitchen**
 - 3.1 describe the functions and structure of traditional and modern kitchen workstations
 - 3.2 explain kitchen terminology
 - 3.3 identify and use tools and equipment found in a professional kitchen
 - 3.3.1 hand tools
 - 3.3.2 knives
 - 3.3.3 measuring equipment
 - 3.3.4 processing equipment
 - 3.3.5 cooking equipment
 - 3.3.6 re-thermalizing equipment
 - 3.3.7 dishwashing equipment
 - 3.3.8 beverage dispensing equipment
 - 3.3.9 exhaust fans, hoods and ventilation systems
- 4. apply skills and techniques for professionalism in the industry**
 - 4.1 prepare a minimum of three recipes that emphasize:
 - 4.1.1 participation
 - 4.1.2 use appropriate resources
 - 4.1.2.1 adhere to detailed timelines
 - 4.1.2.2 plan effectively
 - 4.1.2.3 prioritize tasks
 - 4.1.2.4 manage facilities, equipment and supplies
 - 4.1.3 demonstrating the use of food preparation techniques
 - 4.1.3.1 safety and sanitation
 - 4.1.3.2 measurement techniques
 - 4.1.3.2.1 demonstrate, explain and be familiar with the metric system
 - 4.1.3.2.2 demonstrate an ability to use the U.S. standard measurement; e.g., imperial
 - 4.1.3.3 recipe terminology/modification
 - 4.1.3.4 utilization of available kitchen equipment

5. demonstrate basic competencies

5.1 demonstrate fundamental skills to:

- 5.1.1 communicate
- 5.1.2 manage information
- 5.1.3 use numbers
- 5.1.4 think and solve problems

5.2 demonstrate personal management skills to:

- 5.2.1 demonstrate positive attitudes and behaviours
- 5.2.2 be responsible
- 5.2.3 be adaptable
- 5.2.4 learn continuously
- 5.2.5 work safely

5.3 demonstrate teamwork skills to:

- 5.3.1 work with others
- 5.3.2 participate in projects and tasks

6. create a transitional strategy to accommodate personal changes and build personal values

6.1 identify short-term and long-term goals

6.2 identify steps to achieve goals

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COURSE CUL3410: BREAKFAST FOODS

Level: Advanced - Articulation

Prerequisite: CUL3400: Kitchen Orientation
CUL3405: Culinary Fundamentals

Description: Students develop knowledge and skills related to the preparation of breakfast foods and their accompaniments.

Parameters: Access to commercial food preparation facility
Journeyman cook qualifications required

Outcomes: The student will:

- 1. identify and compare various egg products, considering nutritive value, processing and handling**
 - 1.1 describe a wide range of egg products with varying nutrients
 - 1.1.1 fresh eggs; e.g., omega-3, free-run/free range, organic, brown, liquid (processed)
 - 1.1.2 dried
 - 1.1.3 frozen
 - 1.2 identify and resolve safety concerns for food and equipment
 - 1.3 identify skills for purchasing and consumption including understanding of
 - 1.3.1 grades
 - 1.3.2 appropriate handling and storage
 - 1.3.3 best before dates
 - 1.3.4 nutrition labels
- 2. describe the role of eggs in various cooking applications**
 - 2.1 identify principles of egg cookery
 - 2.1.1 relate eggs to the principles of protein cookery
 - 2.1.2 address concerns regarding cooking temperature and prolonged cooking
 - 2.2 identify the functions of eggs in cooking
 - 2.2.1 thickening agent
 - 2.2.2 leavening agent
 - 2.2.3 emulsifying agent
 - 2.2.4 binding and/or coating agent
- 3. demonstrate the principles of egg cookery in the preparation and evaluation of a variety of products**
 - 3.1 apply the use of dry and moist heat cooking methods
 - 3.1.1 poached
 - 3.1.2 omelette
 - 3.1.3 fried
 - 3.1.4 scrambled
- 4. identify and compare various milk products, considering nutritive value, processing and handling**
 - 4.1 describe a wide range of milk products with varying nutrients
 - 4.1.1 milk
 - 4.1.2 cream
 - 4.1.3 butter
 - 4.1.4 buttermilk
 - 4.1.5 yogurt
 - 4.1.6 sour cream

- 4.2 identify and resolve safety concerns for food and equipment
- 4.3 identify skills for purchasing and consumption including understanding of
 - 4.3.1 appropriate handling and storage
 - 4.3.2 market forms; e.g.: fresh, powdered, condensed
 - 4.3.3 best before dates
 - 4.3.4 nutrition labels
- 5. identify and compare a variety of breakfast meats**
 - 5.1 describe the nutritional value of bacon, ham and sausage; e.g.: protein, fat, cholesterol, preparation method
 - 5.2 identify methods and effects of cooking
 - 5.3 demonstrate safe handling and appropriate storage techniques
 - 5.4 prepare a variety of breakfast meats
- 6. prepare, compare and evaluate a variety of breakfast foods, accompaniments and beverages**
 - 6.1 identify and prepare breakfast cereal, breads and pastries
 - 6.1.1 hot and cold cereal
 - 6.1.2 waffles
 - 6.1.3 pancakes and crepes
 - 6.1.4 French toast
 - 6.2 identify various breakfast accompaniments
 - 6.2.1 syrups
 - 6.2.2 preserves
 - 6.2.3 flavoured butters and garnishes
 - 6.3 identify and prepare breakfast beverages, hot and cold
 - 6.3.1 coffee
 - 6.3.1.1 brewing time
 - 6.3.1.2 temperatures
 - 6.3.2 tea
 - 6.3.3 assorted juices
- 7. apply skills and techniques for professionalism in the industry**
 - 7.1 participate in all kitchen brigade activities
 - 7.2 determine appropriate resources
 - 7.2.1 adhere to detailed timelines
 - 7.2.2 plan effectively
 - 7.2.3 prioritize tasks
 - 7.2.4 manage facilities, equipment and supplies
 - 7.3 demonstrate the use of food preparation techniques
 - 7.3.1 safety and sanitation
 - 7.3.2 measurement techniques
 - 7.3.3 recipe terminology/modification
 - 7.3.4 utilization of available kitchen equipment
- 8. demonstrate basic competencies**
 - 8.1 demonstrate fundamental skills to:
 - 8.1.1 communicate
 - 8.1.2 manage information
 - 8.1.3 use numbers
 - 8.1.4 think and solve problems
 - 8.2 demonstrate personal management skills to:
 - 8.2.1 demonstrate positive attitudes and behaviours
 - 8.2.2 be responsible
 - 8.2.3 be adaptable
 - 8.2.4 learn continuously
 - 8.2.5 work safely

8.3 demonstrate teamwork skills to:

8.3.1 work with others

8.3.2 participate in projects and tasks

9. create a transitional strategy to accommodate personal changes and build personal values

9.1 identify short-term and long-term goals

9.2 identify steps to achieve goals

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COURSE CUL3415: ENTREMENTIER (VEGETABLES, FRUITS, POTATO, PASTA, RICE)

Level: Advanced – Articulation

Prerequisite: CUL3400: Kitchen Orientation
CUL3405: Culinary Fundamentals

Description: Students develop knowledge and skills related to the preparation of vegetables, fruits, potato, pasta, rice.

Parameters: Access to commercial food preparation facility.
Journeyman cook qualification required.

Outcomes: The student will:

1. demonstrate proper purchasing specifications and/or storing procedures

- 1.1 differentiate vegetables and fruits into categories according to:
 - 1.1.1 the part of the plant
 - 1.1.2 moisture content
 - 1.1.3 flavour
 - 1.1.4 colour
- 1.2 identify purchasing specifications and quality characteristics for the following
 - 1.2.1 vegetables
 - 1.2.2 fruit
 - 1.2.3 potato
 - 1.2.4 pasta
 - 1.2.5 rice
- 1.3 identify proper rotation and storage procedures for all market forms of
 - 1.3.1 vegetables
 - 1.3.2 fruits
 - 1.3.3 potatoes
 - 1.3.4 pasta and rice
- 1.4 describe the seasonal nature of many fruits and vegetables
- 1.5 interpret the grading system used with fresh, frozen and canned fruits and vegetables and how they are used in food preparation

2. practice the use of culinary terms

- 2.1 recognize and demonstrate traditional vegetable cuts
 - 2.1.1 brunoise
 - 2.1.2 julienne
 - 2.1.3 batonnet
 - 2.1.4 paysanne
 - 2.1.5 chateau
 - 2.1.6 concasse
 - 2.1.7 chiffonade

3. prepare and cook fruits and vegetables

- 3.1 identify, prepare and cook fruits and vegetables
 - 3.1.1 moist heat
 - 3.1.2 dry heat
 - 3.1.3 combination
- 3.2 describe preservation techniques to preserve colour, texture, flavour and nutritional value of fruit and cooked vegetables
 - 3.2.1 white (flavones)
 - 3.2.2 green (chlorophyll)

- 3.2.3 yellow (arytenoids)
- 3.2.4 red, purple, blue (anthocyanins)
- 4. prepare and cook potato, pasta and rice**
 - 4.1 identify and cook a variety of potato, pasta and rice products
 - 4.1.1 potato
 - 4.1.1.1 mealy
 - 4.1.1.2 waxy
 - 4.1.2 pasta
 - 4.1.2.1 fresh
 - 4.1.2.2 dry
 - 4.1.3 rice
 - 4.1.3.1 long grain
 - 4.1.3.2 short grain
- 5. apply skills and techniques for professionalism in the industry**
 - 5.1 participate in all kitchen brigade activities
 - 5.2 determine appropriate resources
 - 5.2.1 adhere to detailed timelines
 - 5.2.2 plan effectively
 - 5.2.3 prioritize tasks
 - 5.2.4 manage facilities, equipment and supplies
 - 5.3 demonstrate the use of food preparation techniques
 - 5.3.1 safety and sanitation
 - 5.3.2 measurement techniques
 - 5.3.3 recipe terminology/modification
 - 5.3.4 utilization of available kitchen equipment
- 6. demonstrate basic competencies**
 - 6.1 demonstrate fundamental skills to:
 - 6.1.1 communicate
 - 6.1.2 manage information
 - 6.1.3 use numbers
 - 6.1.4 think and solve problems
 - 6.2 demonstrate personal management skills to:
 - 6.2.1 demonstrate positive attitudes and behaviours
 - 6.2.2 be responsible
 - 6.2.3 be adaptable
 - 6.2.4 learn continuously
 - 6.2.5 work safely
 - 6.3 demonstrate teamwork skills to:
 - 6.3.1 work with others
 - 6.3.2 participate in projects and tasks
- 7. create a transitional strategy to accommodate personal changes and build personal values**
 - 7.1 identify short-term and long-term goals
 - 7.2 identify steps to achieve goals

COURSE CUL3420: PANTRY (SALADS AND SANDWICHES)

Level: Advanced - Articulation

Prerequisite: CUL3400: Kitchen Orientation
CUL3405: Culinary Fundamentals

Description: Students develop knowledge and skills related to the preparation of salads and sandwiches.

Parameters: Commercial food preparation facility
Journeyman cook qualifications required

Outcomes: The student will:

1. prepare and present salads and dressings

- 1.1 identify the basic structure of salads
 - 1.1.1 base
 - 1.1.2 body
 - 1.1.3 garnish
 - 1.1.4 dressing
- 1.2 identify salad classifications
 - 1.2.1 appetizer
 - 1.2.2 main course
 - 1.2.3 accompaniment
 - 1.2.4 separate course (palate cleanser)
 - 1.2.5 dessert
 - 1.2.6 salad bar
 - 1.2.7 gelatin based salads
- 1.3 identify guidelines for salad making and presentation
 - 1.3.1 selecting ingredients
 - 1.3.2 cleaning/trimming
 - 1.3.3 cutting/drying
 - 1.3.4 storage/temperature
 - 1.3.5 assembly
 - 1.3.6 presentation
- 1.4 prepare dressings
 - 1.4.1 permanent, emulsified (mayonnaise, tartar sauce)
 - 1.4.2 temporary emulsification (vinaigrette)
 - 1.4.3 cooked dressings
 - 1.4.4 dairy based dressings
- 1.5 describe and prepare a variety of hot and cold salads
 - 1.5.1 bound
 - 1.5.2 green
 - 1.5.3 fruit
 - 1.5.4 cooked
 - 1.5.5 pasta
 - 1.5.6 vegetable

2. identify and prepare sandwiches, spreads and fillings

- 2.1 describe and prepare a variety of sandwiches
 - 2.1.1 select bread (baked products)
 - 2.1.2 prepare fillings, spreads and garnishes
 - 2.1.3 assembly and cutting procedures

- 2.1.4 apply various cooking techniques
- 2.1.5 presentation (plated, sandwich bar, buffet)
- 2.1.6 wrapping and storage
- 3. apply skills and techniques for professionalism in the industry**
 - 3.1 participate in all kitchen brigade activities
 - 3.2 determine appropriate resources
 - 3.2.1 adhere to detailed timelines
 - 3.2.2 plan effectively
 - 3.2.3 prioritize tasks
 - 3.2.4 manage facilities, equipment and supplies
 - 3.3 demonstrate the use of food preparation techniques
 - 3.3.1 safety and sanitation
 - 3.3.2 measurement techniques
 - 3.3.3 recipe terminology/modification
 - 3.3.4 utilization of available kitchen equipment
- 4. demonstrate basic competencies**
 - 4.1 demonstrate fundamental skills to:
 - 4.1.1 communicate
 - 4.1.2 manage information
 - 4.1.3 use numbers
 - 4.1.4 think and solve problems
 - 4.2 demonstrate personal management skills to:
 - 4.2.1 demonstrate positive attitudes and behaviours
 - 4.2.2 be responsible
 - 4.2.3 be adaptable
 - 4.2.4 learn continuously
 - 4.2.5 work safely
 - 4.3 demonstrate teamwork skills to:
 - 4.3.1 work with others
 - 4.3.2 participate in projects and tasks
- 5. create a transitional strategy to accommodate personal changes and build personal values**
 - 5.1 identify short-term and long-term goals
 - 5.2 identify steps to achieve goals

COURSE CUL3425: BAKESHOP 1

Level: Advanced – Articulation

Prerequisite: CUL3400: Kitchen orientation
CUL3405: Culinary Fundamentals

Description: Students develop a basic understanding of basic baking, ingredients, recipes and equipment by creating muffins, biscuits and loaves.

Parameters: Commercial food preparation facility.
Journeyman cook qualification required.

Outcomes: The student will:

1. identify ingredients and apply baking principles

- 1.1 identify ingredients use in a bakeshop
 - 1.1.1 flours
 - 1.1.2 sugars and sweeteners
 - 1.1.3 starches
 - 1.1.4 fat, shortenings and oil
 - 1.1.5 dairy products
 - 1.1.6 eggs
 - 1.1.7 flavourings
 - 1.1.8 leavening agents
- 1.2 identify and apply baking formulas; e.g.: baker's percentages
 - 1.2.1 recipe conversions
 - 1.2.2 scaling and measuring
 - 1.2.3 mixing methods
- 1.3 demonstrate skills and techniques in the completion of baked products demonstrating
 - 1.3.1 appropriate pan preparation
 - 1.3.2 baking and determining doneness
 - 1.3.3 altering and varying basic formulas according to instructions
 - 1.3.4 compensating for failures and defects

2. demonstrate correct preparation methods in the production of a variety of baked products

- 2.1 examine quick breads, categorizing them by their characteristics and preparation techniques
 - 2.1.1 muffin method
 - 2.1.2 biscuit method
 - 2.1.3 creaming method
- 2.2 prepare and evaluate a variety of quick breads including
 - 2.2.1 muffins
 - 2.2.2 biscuits
 - 2.2.3 loaves
- 2.3 differentiate between the main types of cookie
- 2.4 prepare a variety of cookies; e.g.: dropped, rolled, piped, refrigerated (ice-box) wafer, bars/squares

3. apply skills and techniques for professionalism in the industry

- 3.1 participate in all kitchen brigade activities
- 3.2 determine appropriate resources
 - 3.2.1 adhere to detailed timelines

- 3.2.2 plan effectively
- 3.2.3 prioritize tasks
- 3.2.4 manage facilities, equipment and supplies
- 3.3 demonstrate the use of food preparation techniques
 - 3.3.1 safety and sanitation
 - 3.3.2 measurement techniques
 - 3.3.3 recipe terminology/modification
 - 3.3.4 utilization of available kitchen equipment

4. demonstrate basic competencies

- 4.1 demonstrate fundamental skills to:
 - 4.1.1 communicate
 - 4.1.2 manage information
 - 4.1.3 use numbers
 - 4.1.4 think and solve problems
- 4.2 demonstrate personal management skills to:
 - 4.2.1 demonstrate positive attitudes and behaviours
 - 4.2.2 be responsible
 - 4.2.3 be adaptable
 - 4.2.4 learn continuously
 - 4.2.5 work safely
- 4.3 demonstrate teamwork skills to:
 - 4.3.1 work with others
 - 4.3.2 participate in projects and tasks

5. create a transitional strategy to accommodate personal changes and build personal values

- 5.1 identify short-term and long-term goals
- 5.2 identify steps to achieve goals

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COURSE CUL3430: BAKESHOP 2

Level: Advanced - Articulation

Prerequisite: CUL3400: Kitchen Orientation
CUL3405: Culinary Fundamentals

Description: Students expand their knowledge and skills in the production of a variety of baked goods.

Parameters: Commercial food preparation facility.
Journeyman cook qualification required.

Outcomes: The student will:

1. describe the preparation methods for cakes and pastry

- 1.1 describe the function of key ingredients in the production of cakes and pastries
 - 1.1.1 shortened cakes
 - 1.1.2 foam cakes
 - 1.1.3 short crust pastry
 - 1.1.4 specialty pastries; e.g., choux paste, puff pastry, phyllo
- 1.2 demonstrate baking skills including:
 - 1.2.1 accuracy in scaling/measurement techniques
 - 1.2.2 correct mixing procedures
 - 1.2.3 correct pan preparation
 - 1.2.4 baking and determining doneness
 - 1.2.5 altering and varying basic recipes
 - 1.2.5.1 instructions
 - 1.2.5.2 nutrition
 - 1.2.6 identifying quality standards
 - 1.2.7 compensating for failures and defects

2. prepare and evaluate baked products

- 2.1 prepare and bake cakes
 - 2.1.1 low fat; e.g., sponge, angel, chiffon
 - 2.1.2 high fat; e.g., creaming, two-stage (high ratio)
- 2.2 prepare a variety of pies and fillings
 - 2.2.1 basic pie dough; e.g., flaky/mealy
 - 2.2.2 crust; e.g., single, double, crumb
 - 2.2.3 fillings; e.g., chiffon, cream, custard, fruit

3. demonstrate decorating techniques

- 3.1 identify and prepare various icings suitable for cake decorating; e.g., butter cream, royal, fondant, ganache
- 3.2 identify decorating pastes; e.g., pastillage (gum paste), marzipan (almond paste), rolled fondant, royal icing
- 3.3 demonstrate basic decorating techniques
 - 3.3.1 icing
 - 3.3.2 rosette
 - 3.3.3 piping (borders)
 - 3.3.4 writing

4. apply skills and techniques for professionalism in the industry

- 4.1 participate in all kitchen brigade activities
- 4.2 determine appropriate resources
 - 4.2.1 adhere to detailed timelines

- 4.2.2 plan effectively
- 4.2.3 prioritize tasks
- 4.2.4 manage facilities, equipment and supplies
- 4.3 demonstrate the use of food preparation techniques
 - 4.3.1 safety and sanitation
 - 4.3.2 measurement techniques
 - 4.3.3 recipe terminology/modification
 - 4.3.4 utilization of available kitchen equipment

5. demonstrate basic competencies

- 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
- 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
- 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

6. create a transitional strategy to accommodate personal changes and build personal values

- 6.1 identify short-term and long-term goals
- 6.2 identify steps to achieve goals

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COURSE CUL3435: YEAST BREADS

Level: Advanced – Articulation

Prerequisite: CUL3400: Kitchen Orientation
CUL3405: Culinary Fundamentals

Description: Students describe the role of ingredients and use specialized skills in working with yeast.

Parameters: Commercial food preparation facility
Journeyman cook qualifications required

Outcomes: The student will:

1. identify and describe the factors involved in the preparation of yeast products

- 1.1 identify ingredients and their role in the preparation of bread products
 - 1.1.1 flours
 - 1.1.2 sugar/sweeteners
 - 1.1.3 salt
 - 1.1.4 yeasts; e.g., compressed, rapid, instant, dry active
 - 1.1.5 liquids
 - 1.1.6 fats, shortening and oil
 - 1.1.7 eggs
 - 1.1.8 optional ingredients; e.g., raisins, dates, cheese, grains
- 1.2 identify mixing methods employed in the preparation of yeast products
- 1.3 compare various shaping techniques and surface treatments used for bread products
- 1.4 describe bread products according to identified quality standards
- 1.5 identify appropriate storage and handling of baked bread products

2. identify the proper use of baking equipment

- 2.1 demonstrate baking skills including:
 - 2.1.1 accuracy in scaling/measurement techniques
 - 2.1.2 correct mixing procedures
 - 2.1.3 correct pan preparation
 - 2.1.4 baking and determining doneness
 - 2.1.5 altering and varying basic recipes for ingredients/quantity

3. prepare and evaluate a variety of yeast breads

- 3.1 loaves
 - 3.1.1 pan formed
 - 3.1.2 hand formed
- 3.2 buns
 - 3.2.1 crusty
 - 3.2.2 soft crust
- 3.3 frozen dough; e.g., pizza, cinnamon
- 3.4 altering and varying basic recipes for nutritive value
- 3.5 identifying quality standards
- 3.6 compensating for failures and defects

4. apply skills and techniques for professionalism in the industry

- 4.1 participate in all kitchen brigade activities
- 4.2 determine appropriate resources
 - 4.2.1 adhere to detailed timelines
 - 4.2.2 plan effectively

- 4.2.3 prioritize tasks
- 4.2.4 manage facilities, equipment and supplies
- 4.3 demonstrate the use of food preparation techniques
 - 4.3.1 safety and sanitation
 - 4.3.2 measurement techniques
 - 4.3.3 recipe terminology/modification
 - 4.3.4 utilization of available kitchen equipment

5. demonstrate basic competencies

- 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
- 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
- 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

6. create a transitional strategy to accommodate personal changes and build personal values

- 6.1 identify short-term and long-term goals
- 6.2 identify steps to achieve goals

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COURSE CUL3440: STOCKS, SOUPS, THICKENING AND BINDING AGENTS

Level: Advanced – Articulation

Prerequisite: CUL3400: Kitchen Orientation
CUL3405: Culinary Fundamentals

Description: Students develop knowledge and skills in working with stocks and various thickening agents in the preparation of soups.

Parameters: Commercial food preparation facility
Journeyman cook qualifications required

Outcomes: The student will:

1. identify the ingredients used in the preparation of white and brown stocks

- 1.1 describe stock including
 - 1.1.1 basic stock ingredients
 - 1.1.2 preparations of stocks
 - 1.1.3 importance of stock in the preparation of soups and sauces
- 1.2 explain the uses of reduction and glazes
- 1.3 describe the use of convenience stock products

2. describe the key thickening and flavouring agents in the production of sauces and soups

- 2.1 define the function of sauces
- 2.2 identify the key thickening agents used in the creation of sauces
 - 2.2.1 thickening agents
 - 2.2.1.1 roux
 - 2.2.1.2 beurre manié
 - 2.2.1.3 whitewash
 - 2.2.1.4 cornstarch
 - 2.2.1.5 slurry
 - 2.2.1.6 liaison
 - 2.2.1.7 ready to use/instant
- 2.3 identify flavour builders for stocks, sauces and soups
 - 2.3.1 mirepoix, matignon
 - 2.3.2 bouquet garni
 - 2.3.3 sachet bag
 - 2.3.4 studded onion
 - 2.3.5 onion brulee

- 2.4 identify binding agents
 - 2.4.1 bread
 - 2.4.2 eggs

3. demonstrate correct techniques in the preparing and safe handling of stocks, sauces and soups

- 3.1 describe, prepare and evaluate basic stocks
 - 3.1.1 white stock
 - 3.1.2 brown stock
 - 3.1.3 fish stock
 - 3.1.4 vegetable stock
- 3.2 describe, prepare, present and evaluate a variety of soups
 - 3.2.1 clear soups
 - 3.2.1.1 broth/bouillon

- 3.2.1.2 vegetable soups
- 3.2.2 thick soup
 - 3.2.2.1 cream soup; e.g., chowder
- 3.2.3 self-thickened soup; e.g., pea soup, puree
- 3.3 demonstrate appropriate finishing and garnishing techniques
- 3.4 identify cooling, venting, handling and storage of stocks, soups and sauces
- 4. apply skills and techniques for professionalism in the industry**
 - 4.1 participate in all kitchen brigade activities
 - 4.2 determine appropriate resources
 - 4.2.1 adhere to detailed timelines
 - 4.2.2 plan effectively
 - 4.2.3 prioritize tasks
 - 4.2.4 manage facilities, equipment and supplies
 - 4.3 demonstrate the use of food preparation techniques
 - 4.3.1 safety and sanitation
 - 4.3.2 measurement techniques
 - 4.3.3 recipe terminology/modification
 - 4.3.4 utilization of available kitchen equipment
- 5. demonstrate basic competencies**
 - 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
 - 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
 - 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks
- 6. create a transitional strategy to accommodate personal changes and build personal values**
 - 6.1 identify short-term and long-term goals
 - 6.2 identify steps to achieve goals

COURSE CUL3445: SAUCIER

Level: Advanced – Articulation

Prerequisite: CUL3400: Kitchen Orientation
CUL3405: Culinary Fundamentals

Description: Students enhance their knowledge and skills of the techniques and ingredients used in the preparation of traditional soups and sauces

Parameters: Commercial food preparation facility
Journeyman cook qualifications required

Outcomes: The student will:

1. identify the ingredients used for the production of a complete repertoire of foundation sauces, their derivatives (small) and soups

- 1.1 describe the role of sauces in classic cuisine
- 1.2 explain the structure of sauces and demonstrate increased understanding of thickening agents
- 1.3 identify ingredients utilized in a cross-section of basic sauces and derivatives
 - 1.3.1 velouté-derivative; e.g., mushroom sauce
 - 1.3.2 béchamel-derivative; e.g., Mornay sauce
 - 1.3.3 tomato-derivative; e.g., Spanish
 - 1.3.4 Espagnole-derivative; e.g., demi-glace
 - 1.3.5 Hollandaise-derivative; e.g., béarnaise
- 1.4 identify ingredients used in a cross-section of soups
 - 1.4.1 consomme
 - 1.4.2 chowder
 - 1.4.3 bisques
 - 1.4.4 ethnic and specialty soups

2. prepare, present and evaluate a repertoire of soups, the foundation sauces and their derivatives

- 2.1 identify standards of quality for sauces and soups
- 2.2 identify production techniques for a cross-section of basic sauces and derivatives
 - 2.2.1 velouté-derivative; e.g., mushroom sauce
 - 2.2.2 béchamel-derivative; e.g., Mornay sauce
 - 2.2.3 tomato-derivative; e.g., Spanish
 - 2.2.4 Espagnole-derivative; e.g., demi-glace
 - 2.2.5 Hollandaise-derivative; e.g., béarnaise
- 2.3 identify production techniques for a cross-section of soups
 - 2.3.1 consomme
 - 2.3.2 chowder
 - 2.3.3 bisques
 - 2.3.4 ethnic and specialty soups; e.g., minestrone, vichyssoise, gazpacho, mulligatawny
- 2.4 display creativity and flair in the presentation of sauces and soups with appropriate foods, accompaniments and garnishes

3. prepare, present and evaluate gravy, au jus and jus lié

4. apply skills and techniques for professionalism in the industry

- 4.1 participate in all kitchen brigade activities
- 4.2 determine appropriate resources
 - 4.2.1 adhere to detailed timelines

- 4.2.2 plan effectively
- 4.2.3 prioritize tasks
- 4.2.4 manage facilities, equipment and supplies
- 4.3 demonstrate the use of food preparation techniques
 - 4.3.1 safety and sanitation
 - 4.3.2 measurement techniques
 - 4.3.3 recipe terminology/modification
 - 4.3.4 utilization of available kitchen equipment

5. demonstrate basic competencies

- 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
- 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
- 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

6. create a transitional strategy to accommodate personal changes and build personal values

- 6.1 identify short-term and long-term goals
- 6.2 identify steps to achieve goals

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COURSE CUL3450: BASIC MEAT COOKERY

Level: Advanced – Articulation

Prerequisite: CUL3400: Kitchen Orientation
CUL3405: Culinary Fundamentals

Description: Students develop knowledge and skills related to the purchasing, grading, handling, storage and preparation of meat.

Parameters: Commercial food preparation facility.
Journeyman cook qualification required.

Outcomes: The student will:

1. describe market forms of meat

1.1 describe the key divisions (wholesale cuts) and the fabricated cuts of the carcass, identifying the degree of tenderness of each cut

2. identify grading, quality factors and purchasing factors for meat

2.1 identify the importance for the inspection and grading of meat

2.2 describe factors that affect the tenderness of meat

3. recognize the nutritional components of meat

3.1 describe the nutritional importance of meat including:

3.1.1 complete protein

3.1.2 varying levels and types of fat

3.1.3 iron

3.2 describe current health concerns about meat including:

3.2.1 consumption of red meats

3.2.2 cholesterol

3.2.3 food production; e.g., natural/organic

4. identify and describe the effect of heat on liquids, proteins and fats in meat

4.1 categorize and describe the various types of dry and moist heat cooking used with meat focusing on

4.1.1 preserving tenderness in tender cuts

4.1.2 developing tenderness in less tender cuts

4.1.3 maximizing yields

4.1.4 determining portion sizes

4.1.5 achieving optimum flavour and palatability

4.1.6 identifying and achieving correct doneness according to internal temperature

4.2 describe roasting with preparation and evaluation of meats, emphasizing:

4.2.1 criteria for evaluating quality and determining suitability of meats for roasting

4.2.2 methods for enhancing flavour and palatability

4.2.3 oven and temperature choice

4.2.4 determining doneness, carry-over cooking and satisfying a variety of tastes

4.3 describe broiling and pan-broiling focusing on:

4.3.1 suitability of meats for broiling and/or pan-broiling

4.3.2 achieving and determining correct doneness in varied thicknesses of meats

4.3.3 seasoning

5. demonstrate and resolve safety concerns to both food and equipment significant to basic meat cookery

5.1 identify and demonstrate appropriate personal hygiene in the preparation of meat products

5.2 identify and demonstrate appropriate meat handling and preparation

- 5.3 identify and demonstrate appropriate meat storage; e.g., refrigeration, freezing, packaging
- 5.4 demonstrate methods for cleaning and sanitizing all equipment used in the preparation of meat
- 5.5 relate the perishable nature of meat and the prevention of food-borne illnesses; e.g., cross-contamination
- 6. demonstrate appropriate cooking methods, holding and serving techniques**
 - 6.1 prepare a variety of meats using the following methods
 - 6.1.1 dry heat
 - 6.1.1.1 roasting/baking
 - 6.1.1.2 broiling, grilling and pan-broiling
 - 6.1.1.3 sauteing, pan-frying and griddling
 - 6.1.2 moist heat
 - 6.1.2.1 poaching, simmering and boiling
 - 6.1.2.2 steaming
 - 6.1.2.3 stewing
 - 6.2 select and use appropriate seasoning, flavourings and marinades
 - 6.2.1 identify the effects of heat and cold on seasoning, flavouring and marinades
 - 6.2.2 assess the effect of sweet, sour, bitter and salt on taste
 - 6.3 explain and demonstrate appropriate holding and serving techniques of meats and/or variety meats
 - 6.3.1 holding and resting
 - 6.3.2 testing and doneness
 - 6.3.3 carving and slicing
 - 6.3.4 presentation
- 7. apply skills and techniques for professionalism in the industry**
 - 7.1 participate in all kitchen brigade activities
 - 7.2 determine appropriate resources
 - 7.2.1 adhere to detailed timelines
 - 7.2.2 plan effectively
 - 7.2.3 prioritize tasks
 - 7.2.4 manage facilities, equipment and supplies
 - 7.3 demonstrate the use of food preparation techniques
 - 7.3.1 safety and sanitation
 - 7.3.2 measurement techniques
 - 7.3.3 recipe terminology/modification
 - 7.3.4 utilization of available kitchen equipment
- 8. demonstrate basic competencies**
 - 8.1 demonstrate fundamental skills to:
 - 8.1.1 communicate
 - 8.1.2 manage information
 - 8.1.3 use numbers
 - 8.1.4 think and solve problems
 - 8.2 demonstrate personal management skills to:
 - 8.2.1 demonstrate positive attitudes and behaviours
 - 8.2.2 be responsible
 - 8.2.3 be adaptable
 - 8.2.4 learn continuously
 - 8.2.5 work safely
 - 8.3 demonstrate teamwork skills to:
 - 8.3.1 work with others
 - 8.3.2 participate in projects and tasks

9. create a transitional strategy to accommodate personal changes and build personal values

9.1 identify short-term and long-term goals

9.2 identify steps to achieve goals

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COURSE CUL3455: **ADVANCED MEAT COOKERY**

Level: Advanced – Articulation

Prerequisite: CUL3400: Kitchen Orientation
 CUL3405: Culinary Fundamentals

Description: Students will develop additional knowledge and skills related to the purchasing, grading, handling, storage and preparation of meat.

Parameters: Commercial food preparation facility.
 Journeyman cook qualification required.

Outcomes: The student will:

- 1. describe market forms of meat; e.g., pork, veal, lamb, game**
 - 1.1 describe the key divisions (primal cuts) and the fabricated cuts of each carcass
 - 1.1.1 pork
 - 1.1.2 veal
 - 1.1.3 lamb
 - 1.2 identify the degree of tenderness of each cut
- 2. describe techniques used to process meat**
 - 2.1 identify the aging process used in the preparation of beef
 - 2.2 identify the term processing as it is used in the preparation of pork; e.g., curing, smoking
 - 2.3 discuss the use of irradiation in the preparation of meats for consumption
- 3. demonstrate purchasing and receiving skills**
 - 3.1 identify purchasing specifications and terminology pertaining to
 - 3.1.1 food grading system
 - 3.1.2 packaging/labeling
 - 3.2 identify receiving procedures.
 - 3.2.1 verify invoice
 - 3.2.2 proper storage techniques and procedures
 - 3.3 identify factors when ordering meat; e.g., menu, type of meat, cooking method, price
- 4. identify and describe methods for cooking a variety of meats; e.g., veal, lamb, game, variety meats**
 - 4.1 compare cuts of beef, lamb, veal and pork, considering tenderness of the cuts and the factors that influence tenderness of meats
 - 4.2 describe tenderness of various variety meats and select appropriate cooking methods for them
 - 4.3 describe frying, griddling and sautéing considering:
 - 4.3.1 suitability of meats for frying, griddling and sautéing
 - 4.3.2 various methods of meat preparation
 - 4.3.3 correct temperature and cooking procedures
 - 4.3.4 various finishing techniques
 - 4.4 describe suitability of meats for moist heat cooking methods and knowledge of techniques for enhancing palatability of meats cooked by:
 - 4.4.1 braising and pot-roasting
 - 4.4.2 stewing
 - 4.4.3 simmering, fricasseeing and poaching
 - 4.5 explain chemical and mechanical methods of tenderizing meat prior to cooking including:

- 4.5.1 marinating in acid
- 4.5.2 enzymative tenderizers
- 4.5.3 pounding, scoring and grinding
- 4.6 describe, through recipe choices and cooking methods, meat dishes from culturally diverse origins
 - 4.6.1 identify factors that influence the acceptability of meats in a variety of cultures/values
- 5. demonstrate and resolve safety concerns to both food and equipment significant to advanced meat cookery**
 - 5.1 identify and demonstrate appropriate personal hygiene in the preparation of meat products
 - 5.2 identify and demonstrate appropriate meat handling and preparation; e.g., protective gloves when cutting meat
 - 5.3 identify and demonstrate appropriate meat storage; e.g., refrigeration, freezing, packaging
 - 5.4 demonstrate methods for cleaning and sanitizing all equipment used in the preparation of meat
 - 5.5 relate the perishable nature of meat and the prevention of food-borne illnesses; e.g., cross-contamination, preparation of ground meats
- 6. demonstrate appropriate cooking methods, holding and serving techniques**
 - 6.1 prepare a variety of meats using the following methods:
 - 6.1.1 dry method
 - 6.1.1.1 roasting/baking; e.g., baked ham
 - 6.1.1.2 broiling, grilling and/or pan-broiling
 - 6.1.1.3 deep frying
 - 6.1.1.4 sauteing, pan-frying, and/or griddling
 - 6.1.1.5 char-broiling/barbecue
 - 6.1.1.6 spit cooking, rotisserie
 - 6.1.2 moist method
 - 6.1.2.1 stewing
 - 6.1.2.2 braising or pot-roasting
 - 6.1.2.3 fricasseeing and/or poaching
 - 6.2 explain and demonstrate appropriate holding and serving techniques for the meats and/or variety meats
 - 6.2.1 holding and resting
 - 6.2.2 testing and doneness
 - 6.2.3 carving and slicing
 - 6.2.4 presentation
- 7. identify new techniques available in the industry for the preparation of meats**
- 8. apply skills and techniques for professionalism in the industry**
 - 8.1 participate in all kitchen brigade activities
 - 8.2 determine appropriate resources
 - 8.2.1 adhere to detailed timelines
 - 8.2.2 plan effectively
 - 8.2.3 prioritize tasks
 - 8.2.4 manage facilities, equipment and supplies
 - 8.3 demonstrate the use of food preparation techniques
 - 8.3.1 safety and sanitation
 - 8.3.2 measurement techniques
 - 8.3.3 recipe terminology/modification
 - 8.3.4 utilization of available kitchen equipment
- 9. demonstrate basic competencies**
 - 9.1 demonstrate fundamental skills to:

- 9.1.1 communicate
- 9.1.2 manage information
- 9.1.3 use numbers
- 9.1.4 think and solve problems
- 9.2 demonstrate personal management skills to:
 - 9.2.1 demonstrate positive attitudes and behaviours
 - 9.2.2 be responsible
 - 9.2.3 be adaptable
 - 9.2.4 learn continuously
 - 9.2.5 work safely
- 9.3 demonstrate teamwork skills to:
 - 9.3.1 work with others
 - 9.3.2 participate in projects and tasks

10.create a transitional strategy to accommodate personal changes and build personal values

- 10.1 identify short-term and long-term goals
- 10.2 identify steps to achieve goals

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COURSE CUL3460: POULTRY, FISH AND SEAFOOD

Level: Advanced – Articulation

Prerequisite: CUL3400: Kitchen Orientation
CUL3405: Culinary Fundamentals

Description: Students develop knowledge and skills in the selection, handling and preparation of poultry, fish and seafood.

Parameters: Commercial food preparation facility.
Journeyman cook qualification required.

Outcomes: The student will:

- 1. describe market forms of poultry, fish and seafood**
 - 1.1 describe the many domestic and game birds available as inspected and graded products in Alberta
 - 1.2 categorize fish and seafood considering:
 - 1.2.1 important commercial varieties
 - 1.2.2 basic market forms
- 2. identify grading, quality factors and purchasing factors for poultry, fish and seafood**
 - 2.1 compare various poultry and seafood products available considering:
 - 2.1.1 composition and structure
 - 2.1.2 range of convenience products
 - 2.1.3 grading
 - 2.2 identify criteria for distinguishing fish and seafood quality and freshness
- 3. describe the nutritional value of poultry, fish and seafood**
 - 3.1 describe the nutritional importance of poultry, fish and seafood including
 - 3.1.1 complete protein
 - 3.1.2 varying levels and types of fat
 - 3.2 identify the effect of various preparation methods on nutritional value
- 4. demonstrate a variety of skills and techniques preparatory to the cooking of poultry and seafood**
 - 4.1 demonstrate appropriate techniques for poultry
 - 4.1.1 cutting up poultry
 - 4.1.2 boning
 - 4.1.3 stuffing and trussing
 - 4.2 demonstrate appropriate techniques for fish and seafood
 - 4.2.1 dressing and filleting
 - 4.2.2 boning
 - 4.2.3 peeling, deveining and seasoning
 - 4.3 demonstrate the use of both flat and round fish in the production of ready-to-cook fish products
- 5. identify and resolve safety concerns to both food and equipment significant to poultry, fish and seafood**
 - 5.1 identify and demonstrate appropriate personal hygiene in the preparation of poultry, fish and seafood
 - 5.2 identify and demonstrate appropriate poultry, fish and seafood handling and preparation
 - 5.3 identify and demonstrate appropriate poultry, fish and seafood storage; e.g., safeguarding against odour, refrigeration, freezing, packaging

- 5.4 demonstrate methods for cleaning and sanitizing all equipment used in the preparation of poultry, fish and seafood
- 5.5 relate the perishable nature of poultry, fish and seafood and the prevention of food-borne illnesses; e.g., cross-contamination
- 6. demonstrate appropriate cooking, holding and serving techniques for poultry and seafood**
 - 6.1 demonstrate a repertoire of moist and dry heat cooking methods, highlighting:
 - 6.1.1 methods well suited to poultry; e.g., roasting, stewing
 - 6.1.2 popular preferences; e.g., frying, deep-frying
 - 6.1.3 methods well suited to seafood; e.g., fried, baked, deep-frying
 - 6.2 compare the effect of moist and dry heat cooking methods on various forms of
 - 6.2.1 poultry
 - 6.2.2 seafood
 - 6.3 select and use seasonings, flavourings and marinades
 - 6.3.1 identify the effects of heat and cold on seasoning, flavouring and marinades
 - 6.3.2 assess the effect of sweet, sour, bitter and salt on taste
 - 6.4 demonstrate appropriate holding and serving techniques for poultry
 - 6.4.1 holding and resting
 - 6.4.2 testing and doneness; e.g., physical characteristics, temperature, taste, firmness
 - 6.4.3 carving and slicing
 - 6.4.4 presentation
 - 6.5 demonstrate appropriate holding and serving techniques for seafood
 - 6.5.1 testing and doneness
 - 6.5.2 presentation
 - 6.5.3 accompaniments and garnishes; e.g., compound butter, bonne femme, vin blanc, thermodore
- 7. apply skills and techniques for professionalism in the industry**
 - 7.1 participate in all kitchen brigade activities
 - 7.2 determine appropriate resources
 - 7.2.1 adhere to detailed timelines
 - 7.2.2 plan effectively
 - 7.2.3 prioritize tasks
 - 7.2.4 manage facilities, equipment and supplies
 - 7.3 demonstrate the use of food preparation techniques
 - 7.3.1 safety and sanitation
 - 7.3.2 measurement techniques
 - 7.3.3 recipe terminology/modification
 - 7.3.4 utilization of available kitchen equipment
- 8. demonstrate basic competencies**
 - 8.1 demonstrate fundamental skills to:
 - 8.1.1 communicate
 - 8.1.2 manage information
 - 8.1.3 use numbers
 - 8.1.4 think and solve problems
 - 8.2 demonstrate personal management skills to:
 - 8.2.1 demonstrate positive attitudes and behaviours
 - 8.2.2 be responsible
 - 8.2.3 be adaptable
 - 8.2.4 learn continuously
 - 8.2.5 work safely
 - 8.3 demonstrate teamwork skills to:
 - 8.3.1 work with others

- 8.3.2 participate in projects and tasks
- 9. create a transitional strategy to accommodate personal changes and build personal values**
 - 9.1 identify short-term and long-term goals
 - 9.2 identify steps to achieve goals

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COURSE CUL3465: BUTCHER SHOP

Level: Advanced – Articulation

Prerequisite: CUL3400: Kitchen orientation
CUL3405: Culinary Fundamentals

Description: Students develop knowledge and skills in meat cutting.

Parameters: Access to commercial food preparation facility and meat cutting equipment.
Meat cutting expertise and/or journeyman cook qualification required.

Outcomes: The student will:

- 1. identify the processing and handling practices in the transformation of the carcass into cuts**
 - 1.1 describe the breakdown of various carcasses into wholesale, primal and retail cuts; e.g., beef, pork, lamb, veal, game
 - 1.2 identify the retail cuts of various carcasses
 - 1.3 describe criteria for assessing meat quality in order to satisfy consumer demands, including:
 - 1.3.1 inspection and grading process
 - 1.3.2 methods to enhance tenderness and palatability of meats prior to cooking
- 2. demonstrate proficiency in meat cutting skills and techniques in the breakdown of primal cuts into retail cuts**
 - 2.1.1 identifying bones, meat/muscle seams and seam structure
 - 2.1.2 knife-cutting through muscle seams and bone structure joints
 - 2.1.3 producing saleable retail cuts from block-ready wholesale cuts
 - 2.1.4 employing current meat nomenclature
- 3. demonstrate proficient and safe operation of power and hand tools used by the butcher**
 - 3.1 explain the need to protect the health of the consumer and maintain the merchandising appeal of meats through:
 - 3.1.1 prevention of food-borne illness
 - 3.1.2 observing and practicing safe and hygienic handling skills
 - 3.1.3 employing appropriate storage methods and times for varying cuts
 - 3.2 safely and correctly use detergents and sanitizing agents in cleaning work areas, tools and equipment
- 4. demonstrate skills in the preparation of meats for cooking**
 - 4.1 identify quality factors and purchasing standards for meats and/or variety meats
 - 4.2 demonstrate proficiency in meat cutting skills and techniques including:
 - 4.2.1 boning and trimming for retail cuts
 - 4.2.2 tying roasts
 - 4.2.3 cubing, slicing, grinding, tenderizing
 - 4.3 demonstrate safe and handling and storage procedures for meat and/or variety meats
- 5. apply skills and techniques for professionalism in the industry**
 - 5.1 participate in all kitchen brigade activities
 - 5.2 determine appropriate resources
 - 5.2.1 adhere to detailed timelines
 - 5.2.2 plan effectively

- 5.2.3 prioritize tasks
- 5.2.4 manage facilities, equipment and supplies
- 5.3 demonstrate the use of food preparation techniques
 - 5.3.1 safety and sanitation
 - 5.3.2 measurement techniques
 - 5.3.3 recipe terminology/modification
 - 5.3.4 utilization of available kitchen equipment

6. demonstrate basic competencies

- 6.1 demonstrate fundamental skills to:
 - 6.1.1 communicate
 - 6.1.2 manage information
 - 6.1.3 use numbers
 - 6.1.4 think and solve problems
- 6.2 demonstrate personal management skills to:
 - 6.2.1 demonstrate positive attitudes and behaviours
 - 6.2.2 be responsible
 - 6.2.3 be adaptable
 - 6.2.4 learn continuously
 - 6.2.5 work safely
- 6.3 demonstrate teamwork skills to:
 - 6.3.1 work with others
 - 6.3.2 participate in projects and tasks

7. create a transitional strategy to accommodate personal changes and build personal values

- 7.1 identify short-term and long-term goals
- 7.2 identify steps to achieve goals

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COURSE CUL3470: VALUE ADDED PRODUCTS

Level: Advanced – Articulation

Prerequisite: CUL3400: Kitchen Orientation
CUL3405: Culinary Fundamentals

Description: Students develop an understanding of the constant changing trends in the food service industry, the development of new value added products and healthy food choices to meet these market demands.

Parameters: Commercial food preparation facility.
Journeyman cook qualification required.

Outcomes: The student will:

- 1. compare methods of food preparation considering**
 - 1.1 purchase of partially or wholly prepared food
 - 1.2 assembly-line concept
 - 1.3 requirements for specialized equipment
 - 1.4 advantages and disadvantages; e.g., nutrition, cost, environmental
 - 1.5 responses to public pressure
- 2. interpret information provided on value-added food packaging**
 - 2.1 interpret information on labels related to ingredients; e.g., order of ingredients, additives,
 - 2.2 describe requirements for nutritional labeling of value-added foods
 - 2.2.1 mandatory
 - 2.2.2 voluntary
- 3. prepare, evaluate and compare value added products**
 - 3.1 identify and prepare a variety of foods
 - 3.1.1 from mixes
 - 3.1.2 from partially prepared foods
 - 3.1.3 from entirely prepared foods
 - 3.1.4 from scratch
 - 3.2 explain and evaluate the value and quality of labour saving products in the following forms
 - 3.2.1 ready to use (pie fillings)
 - 3.2.2 ready to use, (produce)
 - 3.2.3 ready to serve (pastries)
 - 3.2.4 ready to serve (salad dressings)
- 4. evaluate ready to heat and cook products**
 - 4.1 explain and evaluate the value and quality of labour saving products in the following forms:
 - 4.1.1 ready to heat (soups)
 - 4.1.2 ready to heat (sauces)
 - 4.1.3 ready to cook (par-baked products)
 - 4.1.4 ready to cook (portion meats-fish poultry)
- 5. identify, prepare and present a variety of chocolates**
 - 5.1 differentiate between couverture and compound coating
 - 5.1.1 dark chocolate
 - 5.1.2 milk
 - 5.1.3 white chocolate
 - 5.2 temper couverture

5.3 pipe decorations (ornaments)

5.4 prepare truffles

6. prepare and present plated desserts

6.1 prepare and present plated desserts using templates, sauces and coulis

6.1.1 the dessert by itself

6.1.2 the dessert with fruit, sugar or chocolate garnis

6.1.3 the dessert and sauce painting/flooding

6.1.4 the complex presentation: two or more desserts on one plate

7. apply skills and techniques for professionalism in the industry

7.1 participate in all kitchen brigade activities

7.2 determine appropriate resources

7.2.1 adhere to detailed timelines

7.2.2 plan effectively

7.2.3 prioritize tasks

7.2.4 manage facilities, equipment and supplies

7.3 demonstrate the use of food preparation techniques

7.3.1 safety and sanitation

7.3.2 measurement techniques

7.3.3 recipe terminology/modification

7.3.4 utilization of available kitchen equipment

8. demonstrate basic competencies

8.1 demonstrate fundamental skills to:

8.1.1 communicate

8.1.2 manage information

8.1.3 use numbers

8.1.4 think and solve problems

8.2 demonstrate personal management skills to:

8.2.1 demonstrate positive attitudes and behaviours

8.2.2 be responsible

8.2.3 be adaptable

8.2.4 learn continuously

8.2.5 work safely

8.3 demonstrate teamwork skills to:

8.3.1 work with others

8.3.2 participate in projects and tasks

9. create a transitional strategy to accommodate personal changes and build personal values

9.1 identify short-term and long-term goals

9.2 identify steps to achieve goals

COURSE CUL3475: SHORT ORDER COOKING

Level: Advanced

Prerequisite:

Description: Students develop knowledge and skills in the principles and preparation underlying short order cookery.

Prerequisite: Commercial food preparation facility.
Journeyman cook qualification required.

Outcomes: The student will:

1. identify and describe a short order kitchen

- 1.1 define mise en place
- 1.2 explain the organization of the short order kitchen in various settings, including hotel kitchens, restaurants, catering and fast food outlets

2. identify and apply knowledge of foods prepared, techniques employed and equipment used in the operation of the short order kitchen

- 2.1 explain the need for quality food items in the short order kitchen
- 2.2 demonstrate that foods prepared in the short order kitchen can address most nutritional concerns
- 2.3 compare fats used in short order cooking, considering
 - 2.3.1 cooking properties
 - 2.3.2 nutritional concerns
 - 2.3.3 costs
 - 2.3.4 handling
- 2.4 compare the cooking methods and mediums used by the short order cook including:
 - 2.4.1 poaching
 - 2.4.2 steaming
 - 2.4.3 sautéing
 - 2.4.4 grilling
 - 2.4.5 broiling/barbecuing
 - 2.4.6 deep frying
 - 2.4.7 microwaving
 - 2.4.8 baking
- 2.5 compare short order items and preparation techniques, considering:
 - 2.5.1 time management and resources
 - 2.5.2 nutritional concerns and consumer demands
 - 2.5.3 new developments in food and equipment

3. demonstrate the skills and techniques necessary to the preparation and cooking of a large variety of short order items

- 3.1 prepare and serve short order items applying appropriate cooking methods including:
 - 3.1.1 broil/barbecue
 - 3.1.2 poach/steam
 - 3.1.3 grill/griddle
 - 3.1.4 microwave
 - 3.1.5 oven
 - 3.1.6 fry/sauté
 - 3.1.7 deep fry

- 3.1.8 toast
- 3.2 prepare, serve and evaluate short order items requiring breading and battering
- 3.3 prepare and compare short order convenience foods with those made from scratch including various potato products and prebreaded and/or prebattered fish, poultry and vegetables
- 3.4 prepare and evaluate short order items including:
 - 3.4.1 hot and/or cold sandwiches
 - 3.4.2 breakfast foods
 - 3.4.3 meats
 - 3.4.4 fish and seafood
 - 3.4.5 poultry
 - 3.4.6 potatoes and vegetables
 - 3.4.7 cultural foods
- 3.5 prepare, serve and evaluate appropriate garnishes and accompaniments for short order items
- 4. demonstrate skills for the safe and efficient operation of the short order kitchen**
 - 4.1 demonstrate correct and safe use of all equipment used in the short order kitchen; e.g., steamer, poacher, grill, deep fryer, broiler/barbecue, microwave, oven, griddle
 - 4.2 demonstrate proper equipment maintenance and cleaning
 - 4.3 demonstrate thorough understanding of kitchen sanitation
- 5. apply skills and techniques for professionalism in the industry**
 - 5.1 participate in all kitchen brigade activities
 - 5.2 determine appropriate resources
 - 5.2.1 adhere to detailed timelines
 - 5.2.2 plan effectively
 - 5.2.3 prioritize tasks
 - 5.2.4 manage facilities, equipment and supplies
 - 5.3 demonstrate the use of food preparation techniques
 - 5.3.1 safety and sanitation
 - 5.3.2 measurement techniques
 - 5.3.3 recipe terminology/modification
 - 5.3.4 utilization of available kitchen equipment
- 6. demonstrate basic competencies**
 - 6.1 demonstrate fundamental skills to:
 - 6.1.1 communicate
 - 6.1.2 manage information
 - 6.1.3 use numbers
 - 6.1.4 think and solve problems
 - 6.2 demonstrate personal management skills to:
 - 6.2.1 demonstrate positive attitudes and behaviours
 - 6.2.2 be responsible
 - 6.2.3 be adaptable
 - 6.2.4 learn continuously
 - 6.2.5 work safely
 - 6.3 demonstrate teamwork skills to:
 - 6.3.1 work with others
 - 6.3.2 participate in projects and tasks
- 7. create a transitional strategy to accommodate personal changes and build personal values**
 - 7.1 identify short-term and long-term goals
 - 7.2 identify steps to achieve goals

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COURSE CUL3480: STOCKS/SAUCES/SOUPS (FOOD SERVICE)

Level: Advanced

Prerequisite: None

Description: Students, on the worksite, continue to develop and refine those competencies developed in the related Career & Technology Studies (CTS) occupational area, previous practicums, and other experiences.

Parameters: This course should be accessed only by students continuing to work toward attaining a recognized credential offered by an agency external to the school. Practicum courses extend the competencies developed in related CTS occupational areas. The practicum courses may not be delivered as stand-alone courses, nor may they be combined with core courses. This course may not be used in conjunction with Registered Apprenticeship Program courses. This practicum course may be delivered on or off-campus. Instruction must be delivered by a qualified teacher or an experienced professional (under the supervision of the qualified teacher) authorized to supervise trainees for the external credential.

Outcomes: The student will:

1. apply basic employability skills in foodservice

- 1.1 demonstrate basic employability skills in foodservice; e.g.: math, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

2. analyze personal performance in relation to established standards

- 2.1 apply competencies developed in related CTS courses
- 2.2 identify regulations and regulatory bodies related to the credential
- 2.3 adhere to workplace policies and procedures related to health and safety
- 2.4 demonstrate standards of performance in terms of:
 - 2.4.1 quality of work
 - 2.4.2 quantity of work
- 2.5 analyze work environment in terms of:
 - 2.5.1 location
 - 2.5.2 floor plan of work area
 - 2.5.3 analysis of work flow patterns
 - 2.5.4 safety

3. demonstrate a positive work ethic

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g.: positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities:
 - 3.2.1 key responsibilities
 - 3.2.2 support functions/responsibilities
 - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as
 - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
 - 3.3.2 non-routine tasks (emergencies, etc.)

- 3.3.3 tasks requiring personal judgement
- 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques
 - 3.4.1 safety and sanitation
 - 3.4.2 measurement techniques
 - 3.4.3 recipe terminology/modification
 - 3.4.4 utilization of available kitchen equipment
- 4. practice leadership skills and professionalism in foodservice**
 - 4.1 participate in all kitchen brigade activities
 - 4.2 prioritize ways to utilize
 - 4.2.1 resources
 - 4.2.2 information
 - 4.2.3 technology
- 5. demonstrate basic competencies**
 - 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
 - 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
 - 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

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COURSE CUL3485: CAKES (FOOD SERVICE)

Level: Advanced

Prerequisite: None

Description: Students, on the worksite, continue to develop and refine those competencies developed in the related Career & Technology Studies (CTS) occupational area, previous practicums, and other experiences.

Parameters: This course should be accessed only by students continuing to work toward attaining a recognized credential offered by an agency external to the school. Practicum courses extend the competencies developed in related CTS occupational areas. The practicum courses may not be delivered as stand-alone courses, nor may they be combined with core courses. This course may not be used in conjunction with Registered Apprenticeship Program courses. This practicum course may be delivered on or off-campus. Instruction must be delivered by a qualified teacher or an experienced professional (under the supervision of the qualified teacher) authorized to supervise trainees for the external credential.

Outcomes: The student will:

1. apply basic employability skills in foodservice

- 1.1 demonstrate basic employability skills in foodservice; e.g.: math, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

2. analyze personal performance in relation to established standards

- 2.1 apply competencies developed in related CTS courses
- 2.2 identify regulations and regulatory bodies related to the credential
- 2.3 adhere to workplace policies and procedures related to health and safety
- 2.4 demonstrate standards of performance in terms of:
 - 2.4.1 quality of work
 - 2.4.2 quantity of work
- 2.5 analyze work environment in terms of:
 - 2.5.1 location
 - 2.5.2 floor plan of work area
 - 2.5.3 analysis of work flow patterns
 - 2.5.4 safety

3. demonstrate a positive work ethic

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g.: positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities:
 - 3.2.1 key responsibilities
 - 3.2.2 support functions/responsibilities
 - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as
 - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
 - 3.3.2 non-routine tasks (emergencies, etc.)

- 3.3.3 tasks requiring personal judgement
- 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques**
 - 3.4.1 safety and sanitation
 - 3.4.2 measurement techniques
 - 3.4.3 recipe terminology/modification
 - 3.4.4 utilization of available kitchen equipment
- 4. practice leadership skills and professionalism in foodservice**
 - 4.1 participate in all kitchen brigade activities
 - 4.2 prioritize ways to utilize
 - 4.2.1 resources
 - 4.2.2 information
 - 4.2.3 technology
- 5. demonstrate basic competencies**
 - 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
 - 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
 - 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

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COURSE CUL3490: YEAST PRODUCTS (FOOD SERVICE)

Level: Advanced

Prerequisite: None

Description: Students, on the worksite, continue to develop and refine those competencies developed in the related Career & Technology Studies (CTS) occupational area, previous practicums, and other experiences.

Parameters: This course should be accessed only by students continuing to work toward attaining a recognized credential offered by an agency external to the school. Practicum courses extend the competencies developed in related CTS occupational areas. The practicum courses may not be delivered as stand-alone courses, nor may they be combined with core courses. This course may not be used in conjunction with Registered Apprenticeship Program courses. This practicum course may be delivered on or off-campus. Instruction must be delivered by a qualified teacher or an experienced professional (under the supervision of the qualified teacher) authorized to supervise trainees for the external credential.

Outcomes: The student will:

1. apply basic employability skills in foodservice

- 1.1 demonstrate basic employability skills in foodservice; e.g., math, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

2. analyze personal performance in relation to established standards

- 2.1 apply competencies developed in related CTS courses
- 2.2 identify regulations and regulatory bodies related to the credential
- 2.3 adhere to workplace policies and procedures related to health and safety
- 2.4 demonstrate standards of performance in terms of:
 - 2.4.1 quality of work
 - 2.4.2 quantity of work
- 2.5 analyze work environment in terms of:
 - 2.5.1 location
 - 2.5.2 floor plan of work area
 - 2.5.3 analysis of work flow patterns
 - 2.5.4 safety

3. demonstrate a positive work ethic

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities:
 - 3.2.1 key responsibilities
 - 3.2.2 support functions/responsibilities
 - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as
 - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
 - 3.3.2 non-routine tasks (emergencies, etc.)

- 3.3.3 tasks requiring personal judgement
- 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques
 - 3.4.1 safety and sanitation
 - 3.4.2 measurement techniques
 - 3.4.3 recipe terminology/modification
 - 3.4.4 utilization of available kitchen equipment
- 4. practice leadership skills and professionalism in foodservice**
 - 4.1 participate in all kitchen brigade activities
 - 4.2 prioritize ways to utilize
 - 4.2.1 resources
 - 4.2.2 information
 - 4.2.3 technology
- 5. demonstrate basic competencies**
 - 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
 - 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
 - 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

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COURSE CUL3495: SHORT ORDER (FOOD SERVICE)

Level: Advanced

Prerequisite: None

Description: Students, on the worksite, continue to develop and refine those competencies developed in the related Career & Technology Studies (CTS) occupational area, previous practicums, and other experiences.

Parameters: This course should be accessed only by students continuing to work toward attaining a recognized credential offered by an agency external to the school. Practicum courses extend the competencies developed in related CTS occupational areas. The practicum courses may not be delivered as stand-alone courses, nor may they be combined with core courses. This course may not be used in conjunction with Registered Apprenticeship Program courses. This practicum course may be delivered on or off-campus. Instruction must be delivered by a qualified teacher or an experienced professional (under the supervision of the qualified teacher) authorized to supervise trainees for the external credential.

Outcomes: The student will:

1. apply basic employability skills in foodservice

- 1.1 demonstrate basic employability skills in foodservice; e.g., math, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

2. analyze personal performance in relation to established standards

- 2.1 apply competencies developed in related CTS courses
- 2.2 identify regulations and regulatory bodies related to the credential
- 2.3 adhere to workplace policies and procedures related to health and safety
- 2.4 demonstrate standards of performance in terms of:
 - 2.4.1 quality of work
 - 2.4.2 quantity of work
- 2.5 analyze work environment in terms of:
 - 2.5.1 location
 - 2.5.2 floor plan of work area
 - 2.5.3 analysis of work flow patterns
 - 2.5.4 safety

3. demonstrate a positive work ethic

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities:
 - 3.2.1 key responsibilities
 - 3.2.2 support functions/responsibilities
 - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as
 - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
 - 3.3.2 non-routine tasks (emergencies, etc.)

- 3.3.3 tasks requiring personal judgement
- 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques
 - 3.4.1 safety and sanitation
 - 3.4.2 measurement techniques
 - 3.4.3 recipe terminology/modification
 - 3.4.4 utilization of available kitchen equipment
- 4. practice leadership skills and professionalism in foodservice**
 - 4.1 participate in all kitchen brigade activities
 - 4.2 prioritize ways to utilize
 - 4.2.1 resources
 - 4.2.2 information
 - 4.2.3 technology
- 5. demonstrate basic competencies**
 - 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
 - 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
 - 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

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COURSE CUL3500: BANQUET PREPARATION (FOOD SERVICE)

Level: Advanced

Prerequisite: None

Description: Students, on the worksite, continue to develop and refine those competencies developed in the related Career & Technology Studies (CTS) occupational area, previous practicums, and other experiences.

Parameters: These courses should be accessed only by students continuing to work toward attaining a recognized credential offered by an agency external to the school. Practicum courses extend the competencies developed in related CTS occupational areas. The practicum courses may not be delivered as stand-alone courses, nor may they be combined with core courses. These courses may not be used in conjunction with Registered Apprenticeship Program courses. The practicum courses may be delivered on or off-campus. Instruction must be delivered by a qualified teacher or an experienced professional (under the supervision of the qualified teacher) authorized to supervise trainees for the external credential.

Outcomes: The student will:

1. apply basic employability skills in foodservice

- 1.1 demonstrate basic employability skills in foodservice; e.g., math, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

2. analyze personal performance in relation to established standards

- 2.1 apply competencies developed in related CTS courses
- 2.2 identify regulations and regulatory bodies related to the credential
- 2.3 adhere to workplace policies and procedures related to health and safety
- 2.4 demonstrate standards of performance in terms of:
 - 2.4.1 quality of work
 - 2.4.2 quantity of work
- 2.5 analyze work environment in terms of:
 - 2.5.1 location
 - 2.5.2 floor plan of work area
 - 2.5.3 analysis of work flow patterns
 - 2.5.4 safety

3. demonstrate a positive work ethic

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities:
 - 3.2.1 key responsibilities
 - 3.2.2 support functions/responsibilities
 - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as
 - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
 - 3.3.2 non-routine tasks (emergencies, etc.)

- 3.3.3 tasks requiring personal judgement
- 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques
 - 3.4.1 safety and sanitation
 - 3.4.2 measurement techniques
 - 3.4.3 recipe terminology/modification
 - 3.4.4 utilization of available kitchen equipment
- 4. practice leadership skills and professionalism in foodservice**
 - 4.1 participate in all kitchen brigade activities
 - 4.2 prioritize ways to utilize
 - 4.2.1 resources
 - 4.2.2 information
 - 4.2.3 technology
- 5. demonstrate basic competencies**
 - 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
 - 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
 - 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

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COURSE CUL3505: MEAT COOKERY (FOOD SERVICE)

Level: Advanced

Prerequisite: None

Description: Students, on the worksite, continue to develop and refine those competencies developed in the related Career & Technology Studies (CTS) occupational area, previous practicums, and other experiences.

Parameters: These courses should be accessed only by students continuing to work toward attaining a recognized credential offered by an agency external to the school. Practicum courses extend the competencies developed in related CTS occupational areas. The practicum courses may not be delivered as stand-alone courses, nor may they be combined with core courses. These courses may not be used in conjunction with Registered Apprenticeship Program courses. The practicum courses may be delivered on or off-campus. Instruction must be delivered by a qualified teacher or an experienced professional (under the supervision of the qualified teacher) authorized to supervise trainees for the external credential.

Outcomes: The student will:

1. apply basic employability skills in foodservice

- 1.1 demonstrate basic employability skills in foodservice; e.g., math, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

2. analyze personal performance in relation to established standards

- 2.1 apply competencies developed in related CTS courses
- 2.2 identify regulations and regulatory bodies related to the credential
- 2.3 adhere to workplace policies and procedures related to health and safety
- 2.4 demonstrate standards of performance in terms of:
 - 2.4.1 quality of work
 - 2.4.2 quantity of work
- 2.5 analyze work environment in terms of:
 - 2.5.1 location
 - 2.5.2 floor plan of work area
 - 2.5.3 analysis of work flow patterns
 - 2.5.4 safety

3. demonstrate a positive work ethic

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities:
 - 3.2.1 key responsibilities
 - 3.2.2 support functions/responsibilities
 - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as
 - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
 - 3.3.2 non-routine tasks (emergencies, etc.)

- 3.3.3 tasks requiring personal judgement
- 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques
 - 3.4.1 safety and sanitation
 - 3.4.2 measurement techniques
 - 3.4.3 recipe terminology/modification
 - 3.4.4 utilization of available kitchen equipment
- 4. practice leadership skills and professionalism in foodservice**
 - 4.1 participate in all kitchen brigade activities
 - 4.2 prioritize ways to utilize
 - 4.2.1 resources
 - 4.2.2 information
 - 4.2.3 technology
- 5. demonstrate basic competencies**
 - 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
 - 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
 - 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

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COURSE CUL3510: BREAKFAST (FOOD SERVICE)

Level: Advanced

Prerequisite: None

Description: Students, on the worksite, continue to develop and refine those competencies developed in the related Career & Technology Studies (CTS) occupational area, previous practicums, and other experiences.

Parameters: These courses should be accessed only by students continuing to work toward attaining a recognized credential offered by an agency external to the school. Practicum courses extend the competencies developed in related CTS occupational areas. The practicum courses may not be delivered as stand-alone courses, nor may they be combined with core courses. These courses may not be used in conjunction with Registered Apprenticeship Program courses. The practicum courses may be delivered on or off-campus. Instruction must be delivered by a qualified teacher or an experienced professional (under the supervision of the qualified teacher) authorized to supervise trainees for the external credential.

Outcomes: The student will:

1. apply basic employability skills in foodservice

- 1.1 demonstrate basic employability skills in foodservice; e.g., math, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

2. analyze personal performance in relation to established standards

- 2.1 apply competencies developed in related CTS courses
- 2.2 identify regulations and regulatory bodies related to the credential
- 2.3 adhere to workplace policies and procedures related to health and safety
- 2.4 demonstrate standards of performance in terms of:
 - 2.4.1 quality of work
 - 2.4.2 quantity of work
- 2.5 analyze work environment in terms of:
 - 2.5.1 location
 - 2.5.2 floor plan of work area
 - 2.5.3 analysis of work flow patterns
 - 2.5.4 safety

3. demonstrate a positive work ethic

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities:
 - 3.2.1 key responsibilities
 - 3.2.2 support functions/responsibilities
 - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as
 - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
 - 3.3.2 non-routine tasks (emergencies, etc.)

- 3.3.3 tasks requiring personal judgement
- 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques
 - 3.4.1 safety and sanitation
 - 3.4.2 measurement techniques
 - 3.4.3 recipe terminology/modification
 - 3.4.4 utilization of available kitchen equipment

4. practice leadership skills and professionalism in foodservice

- 4.1 participate in all kitchen brigade activities
- 4.2 prioritize ways to utilize
 - 4.2.1 resources
 - 4.2.2 information
 - 4.2.3 technology

5. demonstrate basic competencies

- 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
- 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
- 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

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COURSE CUL3515: PANTRY (FOOD SERVICE)

Level: Advanced

Prerequisite: None

Description: Students, on the worksite, continue to develop and refine those competencies developed in the related Career & Technology Studies (CTS) occupational area, previous practicums, and other experiences.

Parameters: These courses should be accessed only by students continuing to work toward attaining a recognized credential offered by an agency external to the school. Practicum courses extend the competencies developed in related CTS occupational areas. The practicum courses may not be delivered as stand-alone courses, nor may they be combined with core courses. These courses may not be used in conjunction with Registered Apprenticeship Program courses. The practicum courses may be delivered on or off-campus. Instruction must be delivered by a qualified teacher or an experienced professional (under the supervision of the qualified teacher) authorized to supervise trainees for the external credential.

Outcomes: The student will:

1. apply basic employability skills in foodservice

- 1.1 demonstrate basic employability skills in foodservice; e.g., math, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

2. analyze personal performance in relation to established standards

- 2.1 apply competencies developed in related CTS courses
- 2.2 identify regulations and regulatory bodies related to the credential
- 2.3 adhere to workplace policies and procedures related to health and safety
- 2.4 demonstrate standards of performance in terms of:
 - 2.4.1 quality of work
 - 2.4.2 quantity of work
- 2.5 analyze work environment in terms of:
 - 2.5.1 location
 - 2.5.2 floor plan of work area
 - 2.5.3 analysis of work flow patterns
 - 2.5.4 safety

3. demonstrate a positive work ethic

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities:
 - 3.2.1 key responsibilities
 - 3.2.2 support functions/responsibilities
 - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as
 - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
 - 3.3.2 non-routine tasks (emergencies, etc.)

- 3.3.3 tasks requiring personal judgement
- 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques
 - 3.4.1 safety and sanitation
 - 3.4.2 measurement techniques
 - 3.4.3 recipe terminology/modification
 - 3.4.4 utilization of available kitchen equipment
- 4. practice leadership skills and professionalism in foodservice**
 - 4.1 participate in all kitchen brigade activities
 - 4.2 prioritize ways to utilize
 - 4.2.1 resources
 - 4.2.2 information
 - 4.2.3 technology
- 5. demonstrate basic competencies**
 - 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
 - 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
 - 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

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COURSE CUL3520: KITCHEN ORIENTATION (CUSTOMER SERVICE)

Level: Advanced

Prerequisite: None

Description: Students, on the worksite, continue to develop and refine those competencies developed in the related Career & Technology Studies (CTS) occupational area, previous practicums, and other experiences.

Parameters: These courses should be accessed only by students continuing to work toward attaining a recognized credential offered by an agency external to the school. Practicum courses extend the competencies developed in related CTS occupational areas. The practicum courses may not be delivered as stand-alone courses, nor may they be combined with core courses. These courses may not be used in conjunction with Registered Apprenticeship Program courses. The practicum courses may be delivered on or off-campus. Instruction must be delivered by a qualified teacher or an experienced professional (under the supervision of the qualified teacher) authorized to supervise trainees for the external credential.

Outcomes: The student will:

1. apply basic employability skills in foodservice

- 1.1 demonstrate basic employability skills in foodservice; e.g., math, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

2. analyze personal performance in relation to established standards

- 2.1 apply competencies developed in related CTS courses
- 2.2 identify regulations and regulatory bodies related to the credential
- 2.3 adhere to workplace policies and procedures related to health and safety
- 2.4 demonstrate standards of performance in terms of:
 - 2.4.1 quality of work
 - 2.4.2 quantity of work
- 2.5 analyze work environment in terms of:
 - 2.5.1 location
 - 2.5.2 floor plan of work area
 - 2.5.3 analysis of work flow patterns
 - 2.5.4 safety

3. demonstrate a positive work ethic

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities:
 - 3.2.1 key responsibilities
 - 3.2.2 support functions/responsibilities
 - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as
 - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
 - 3.3.2 non-routine tasks (emergencies, etc.)

- 3.3.3 tasks requiring personal judgement
- 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques
 - 3.4.1 safety and sanitation
 - 3.4.2 measurement techniques
 - 3.4.3 recipe terminology/modification
 - 3.4.4 utilization of available kitchen equipment
- 4. practice leadership skills and professionalism in foodservice**
 - 4.1 participate in all kitchen brigade activities
 - 4.2 prioritize ways to utilize
 - 4.2.1 resources
 - 4.2.2 information
 - 4.2.3 technology
- 5. demonstrate basic competencies**
 - 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
 - 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
 - 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

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COURSE CUL3525: SEAFOOD AND POULTRY (FOOD SERVICE)

Level: Advanced

Prerequisite: None

Description: Students, on the worksite, continue to develop and refine those competencies developed in the related Career & Technology Studies (CTS) occupational area, previous practicums, and other experiences.

Parameters: These courses should be accessed only by students continuing to work toward attaining a recognized credential offered by an agency external to the school. Practicum courses extend the competencies developed in related CTS occupational areas. The practicum courses may not be delivered as stand-alone courses, nor may they be combined with core courses. These courses may not be used in conjunction with Registered Apprenticeship Program courses. The practicum courses may be delivered on or off-campus. Instruction must be delivered by a qualified teacher or an experienced professional (under the supervision of the qualified teacher) authorized to supervise trainees for the external credential.

Outcomes: The student will:

1. apply basic employability skills in foodservice

- 1.1 demonstrate basic employability skills in foodservice; e.g., math, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

2. analyze personal performance in relation to established standards

- 2.1 apply competencies developed in related CTS courses
- 2.2 identify regulations and regulatory bodies related to the credential
- 2.3 adhere to workplace policies and procedures related to health and safety
- 2.4 demonstrate standards of performance in terms of:
 - 2.4.1 quality of work
 - 2.4.2 quantity of work
- 2.5 analyze work environment in terms of:
 - 2.5.1 location
 - 2.5.2 floor plan of work area
 - 2.5.3 analysis of work flow patterns
 - 2.5.4 safety

3. demonstrate a positive work ethic

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities:
 - 3.2.1 key responsibilities
 - 3.2.2 support functions/responsibilities
 - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as
 - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
 - 3.3.2 non-routine tasks (emergencies, etc.)

- 3.3.3 tasks requiring personal judgement
- 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques
 - 3.4.1 safety and sanitation
 - 3.4.2 measurement techniques
 - 3.4.3 recipe terminology/modification
 - 3.4.4 utilization of available kitchen equipment
- 4. practice leadership skills and professionalism in foodservice**
 - 4.1 participate in all kitchen brigade activities
 - 4.2 prioritize ways to utilize
 - 4.2.1 resources
 - 4.2.2 information
 - 4.2.3 technology
- 5. demonstrate basic competencies**
 - 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
 - 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
 - 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

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COURSE CUL3530: MEAT CUTTING (FOOD SERVICE)

Level: Advanced

Prerequisite: None

Description: Students, on the worksite, continue to develop and refine those competencies developed in the related Career & Technology Studies (CTS) occupational area, previous practicums, and other experiences.

Parameters: These courses should be accessed only by students continuing to work toward attaining a recognized credential offered by an agency external to the school. Practicum courses extend the competencies developed in related CTS occupational areas. The practicum courses may not be delivered as stand-alone courses, nor may they be combined with core courses. These courses may not be used in conjunction with Registered Apprenticeship Program courses. The practicum courses may be delivered on or off-campus. Instruction must be delivered by a qualified teacher or an experienced professional (under the supervision of the qualified teacher) authorized to supervise trainees for the external credential.

Outcomes: The student will:

1. apply basic employability skills in foodservice

- 1.1 demonstrate basic employability skills in foodservice; e.g., math, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

2. analyze personal performance in relation to established standards

- 2.1 apply competencies developed in related CTS courses
- 2.2 identify regulations and regulatory bodies related to the credential
- 2.3 adhere to workplace policies and procedures related to health and safety
- 2.4 demonstrate standards of performance in terms of:
 - 2.4.1 quality of work
 - 2.4.2 quantity of work
- 2.5 analyze work environment in terms of:
 - 2.5.1 location
 - 2.5.2 floor plan of work area
 - 2.5.3 analysis of work flow patterns
 - 2.5.4 safety

3. demonstrate a positive work ethic

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities:
 - 3.2.1 key responsibilities
 - 3.2.2 support functions/responsibilities
 - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as
 - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
 - 3.3.2 non-routine tasks (emergencies, etc.)

- 3.3.3 tasks requiring personal judgement
- 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques
 - 3.4.1 safety and sanitation
 - 3.4.2 measurement techniques
 - 3.4.3 recipe terminology/modification
 - 3.4.4 utilization of available kitchen equipment
- 4. practice leadership skills and professionalism in foodservice**
 - 4.1 participate in all kitchen brigade activities
 - 4.2 prioritize ways to utilize
 - 4.2.1 resources
 - 4.2.2 information
 - 4.2.3 technology
- 5. demonstrate basic competencies**
 - 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
 - 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
 - 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

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COURSE CUL3535: ENTREMENTIER (FOOD SERVICE)

Level: Advanced

Prerequisite: None

Description: Students, on the worksite, continue to develop and refine those competencies developed in the related Career & Technology Studies (CTS) occupational area, previous practicums, and other experiences.

Parameters: These courses should be accessed only by students continuing to work toward attaining a recognized credential offered by an agency external to the school. Practicum courses extend the competencies developed in related CTS occupational areas. The practicum courses may not be delivered as stand-alone courses, nor may they be combined with core courses. These courses may not be used in conjunction with Registered Apprenticeship Program courses. The practicum courses may be delivered on or off-campus. Instruction must be delivered by a qualified teacher or an experienced professional (under the supervision of the qualified teacher) authorized to supervise trainees for the external credential.

Outcomes: The student will:

1. apply basic employability skills in foodservice

- 1.1 demonstrate basic employability skills in foodservice; e.g., math, writing, reading, speaking, listening, thinking
- 1.2 perform assigned tasks and responsibilities efficiently and effectively

2. analyze personal performance in relation to established standards

- 2.1 apply competencies developed in related CTS courses
- 2.2 identify regulations and regulatory bodies related to the credential
- 2.3 adhere to workplace policies and procedures related to health and safety
- 2.4 demonstrate standards of performance in terms of:
 - 2.4.1 quality of work
 - 2.4.2 quantity of work
- 2.5 analyze work environment in terms of:
 - 2.5.1 location
 - 2.5.2 floor plan of work area
 - 2.5.3 analysis of work flow patterns
 - 2.5.4 safety

3. demonstrate a positive work ethic

- 3.1 list attitudes (standards of professionalism) that emphasize work ethic; e.g., positive attitude, staying power, teamwork, eagerness to learn, dedication to quality, skill
- 3.2 relate personal roles and responsibilities:
 - 3.2.1 key responsibilities
 - 3.2.2 support functions/responsibilities
 - 3.2.3 code of ethics
- 3.3 describe personal work responsibilities and categorize them as
 - 3.3.1 routine tasks (daily, weekly, monthly, yearly)
 - 3.3.2 non-routine tasks (emergencies, etc.)

- 3.3.3 tasks requiring personal judgement
- 3.3.4 tasks requiring approval of supervisor
- 3.4 demonstrate the use of food preparation techniques
 - 3.4.1 safety and sanitation
 - 3.4.2 measurement techniques
 - 3.4.3 recipe terminology/modification
 - 3.4.4 utilization of available kitchen equipment
- 4. practice leadership skills and professionalism in foodservice**
 - 4.1 participate in all kitchen brigade activities
 - 4.2 prioritize ways to utilize
 - 4.2.1 resources
 - 4.2.2 information
 - 4.2.3 technology
- 5. demonstrate basic competencies**
 - 5.1 demonstrate fundamental skills to:
 - 5.1.1 communicate
 - 5.1.2 manage information
 - 5.1.3 use numbers
 - 5.1.4 think and solve problems
 - 5.2 demonstrate personal management skills to:
 - 5.2.1 demonstrate positive attitudes and behaviours
 - 5.2.2 be responsible
 - 5.2.3 be adaptable
 - 5.2.4 learn continuously
 - 5.2.5 work safely
 - 5.3 demonstrate teamwork skills to:
 - 5.3.1 work with others
 - 5.3.2 participate in projects and tasks

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